



IOWA RECOVERY TIMES

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The Rebuild Iowa Office

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FEMA



www.rio.iowa.gov

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GOVERNOR CULVER ANNOUNCES “JUMPSTART EXPRESS” TO HELP IOWANS NEEDING EMERGENCY REPAIR FUNDS

Speaking to a conference on disaster recovery, Governor Chet Culver announced steps to assist Iowans needing emergency repairs to their flood-damaged homes. Called Jumpstart Express, the new process will get federal funds to Iowans with fewer requirements.

“As much as possible, I want to streamline how we get money into the hands of Iowans in need,” said Governor Culver. “‘Jumpstart Express’ will allow affected Iowans who are eligible for current Jumpstart Iowa Housing Assistance funds receive



“Jumpstart Express” will help Iowans who need assistance pay for flood-related home repairs.

help paying for home repairs related to flood damage, but with fewer requirements.”

Jumpstart Express is a new option to the Jumpstart Iowa Housing

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WHAT IS THE REBUILD IOWA OFFICE?

With record-setting floods and storms causing billions of dollars in damage, the disasters of 2008 hit Iowa with unprecedented severity. Knowing that such dire events needed a strong response, Governor Culver created the Rebuild Iowa Office, a new state office tasked with the responsibility of helping Iowans rebuild safer,

stronger and smarter.

Executive Order 7, signed by Governor Culver on June 27, 2008, granted legal authority to the Rebuild Iowa Office (RIO) and outlined its duties which include inter-agency disaster coordination, maximizing federal assistance to the state, securing efficient delivery of state and federal

resources to recovery efforts and ensuring that resources are being strategically applied toward rebuilding a stronger Iowa.

Staffed with more than 20 employees both hired full-time and on loan from other state agencies, the RIO is located in the Wallace State Office Building in Des Moines.

PARKERSBURG: SIX MONTHS LATER

*Photos taken at the intersection of Highway 57 and S. Johnson St.
Parkersburg, May 2008*



Parkersburg, November 2008



Photos by Susan Dixon

Jumpstart Express (continued from page 1)

Assistance program. It is not a new assistance program. Therefore, individuals who have already received Jumpstart Housing funds are not eligible to apply.

The new option allows homeowners to receive up to \$24,999 in federal Community Development Block Grant funds for emergency repairs without having to meet all of the

previous requirements, such as lead paint abatement, that were causing delays. It is a homeowner's decision to choose Jumpstart Express or the regular Jumpstart Housing program. Applicants fill out the same application for both programs.

Jumpstart Iowa is a state housing and small business recovery initiative, announced by Governor Culver on

Sept. 12. The \$85 million housing and small business assistance program brings assistance to Iowans still feeling the effects of this year's natural disaster.

For more information on Jumpstart Express and the Jumpstart Iowa program, visit the Rebuild Iowa Office's Jumpstart Web page at www.jumpstart.iowa.gov.

COPING WITH STRESS DURING THE HOLIDAYS

The flood waters have subsided and most of the debris has been cleared away. For many Iowans, the severe weather, flooding and tornadoes that ripped through our state this year are a memory. Those not directly affected by the disasters have moved on to preparations and celebrations of the holiday season. But for others the celebrations of the season are only a reminder of their losses, and for those in recovery from drugs or alcohol abuse each day is another challenge.

The holidays are associated with happiness, but they can also intensify feelings of sadness and depression, especially for those under stress. This stress may be intensified for Iowans who are still trying to put their lives back together after this year's weather-related losses: holiday ornaments and keepsakes may have been destroyed and finances may be tight. "While the holidays are generally a happy time, for some, they can lead to increased stress. It's important to understand it's normal to feel emotional during the holidays," said Iowa Department of Public Health Behavioral Health Division Director Kathy Stone. "People respond to the increased stress of the holidays in different ways."

There are many things you can do to help cope with stressful events:

- Understand and accept that your feelings are normal.
- Take time to resolve day-to-day issues so they do not add to your stress.
- Find ways to relax and be kind to yourself.
- Recognize that you cannot control everything.
- Turn to family, friends or clergy for support and talk about your experiences and feelings with them.
- Get plenty of rest.
- Avoid increased use of alcohol.

Sometimes stress can affect your relationship with your family and friends, or your job. If you or someone you care about is having a hard time handling the stress of the holidays, or if their response escalates to substance abuse, depression or suicidal thoughts or feelings, they should seek professional help from a health care provider, local mental health clinic, or substance abuse treatment program.

For more information on dealing with stress, especially stress associated with disaster recovery, visit the Iowa Department of Public Health's Web site at www.idph.state.ia.us

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FEMA OFFERS TIPS FOR THOSE IN MOBILE HOMES

For the 527 Iowans who have found temporary housing in mobile homes supplied by FEMA following the floods of 2008, FEMA offers these tips to improve indoor air quality: run the fan constantly and ensure the air exchanger is on a constant setting.

During the past few weeks representatives from the Iowa Department of Public Health have provided consultations for mobile home occupants to explain results of requested indoor air quality tests. Officials have noticed that the occupants may not

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The Rebuild Iowa Office



The Rebuild Iowa Office is tasked with ensuring that the state rebuilds safer, stronger and smarter than before the 2008 disasters. The RIO is supported by a professional staff made up of existing state employees and hired full-time staff to allow it to achieve its mission, vision, goals and objectives. Throughout its initiatives, the RIO is committed to a recovery and rebuilding process that is fair and equitable to everyone.

www.rio.iowa.gov

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FEMA Tips

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understand how to properly operate their heating and cooling systems in order to maintain the best air quality possible.

“We encourage occupants of our manufactured units to let the fan run constantly. It is a major component of maintaining good indoor air quality,” said FEMA Federal Coordinating Officer Bill Vogel. “Please set the fan to the ‘on’ position,” he said.

Occupants of temporary housing units and park models on commercial park pads need not be concerned that running the fan constantly will increase heating costs. FEMA is picking up



Residents can take steps to increase the air quality in their FEMA mobile homes like the one pictured here.

utility costs for those who occupy units on commercial pads. That’s also important for occupants to know as the colder weather approaches.

“The health and safety of those in our mobile homes are a major concern, and we want all to take every step to best ensure those concerns are met,” Vogel said.

Clip & Save...

Federal Agencies

General FEMA Information	800.621.FEMA (3362)
TTY for hearing/speech impaired	800.462.7585
FEMA Fraud Detection	800.323.8603
National Flood Insurance Program	800.427.4661
TTY for hearing/speech impaired	800.427.5593
Social Security Administration	800.772.1213
U.S. Small Business Administration	800.659.2955
Internal Revenue Service	800.829.1040
TTY for hearing/speech impaired	800.829.4059
Tax-Related Disaster Relief	866.562.5227
Housing & Urban Development Hotline	800.669.9777
Department of Veterans Affairs	800.827.0648

Iowa Contacts

For up-to-date disaster and recovery information visit the Rebuild Iowa Office Web site at www.rio.iowa.gov.

To volunteer or make donations, contact:
Iowa Concern Hotline 800.447.1985

If you have questions about consumer fraud, contact:
Attorney General's Consumer Protection Division
888.777.4590 or 515.281.5926 or
www.state.ia.us/government/ag/

Disaster Unemployment Information	800.JOB.IOWA
Iowa Mortgage Help	877.622.4866 or www.IowaMortgageHelp.com
Rebuild Iowa Office	866.849.0323
Iowa Other Needs Assistance	800.659.2955
Other Needs Assistance	866.434.4692